

Functional Food Products Touted to Boost Brain Health

FUNCTIONAL COMPONENT	PRODUCT	CLAIMS*
Ashwagandha	Buddha Teas Organic Ashwagandha Tea	A known adaptogen. Contains antistress agents.
	Four Sigmatic Adaptogen Ground Coffee with Ashwagandha	A cup of coffee that helps you master stress rather than postpone it.
	OMG! Superfoods Organic Ashwagandha Powder	Lower your stress levels and start your day with a calm mind. A simple way to sustain high energy levels throughout physical activity.
Ginkgo	Tribucha Braniac Rosemary & Sage Kombucha	Made with ginkgo.
	Liveli Focus Clearli	A nootropic performance activator designed to help you stay alert and on top of your game, no coffee required.
	Peak Functional Chocolate Focus	Clean, focused energy boost for when it's time to really switch on.
Melatonin	Good Day Chocolate Sleep Chocolate Supplement	This chocolate supplement with 1 mg of melatonin per piece is your own personal lullaby.
	Dream Water Sleep Shot	Your complete sleep solution.
	Vital Proteins Blueberry Moon Milk Collagen Latte	10 g of bone broth collagen, as well as melatonin, GABA, and magnesium for additional relaxation and soul-soothing sips.
Mushrooms	OM Mushrooms Reishi Mushroom Powder	Natural adaptogen to help balance mental and physical stress. Nourish your heart and soothe an overactive immune system.
	Jade Leaf Matcha Matcha Latte Infusions THINK with Lion's Mane + Cordyceps	Includes functional mushrooms that support brain health, cognitive function, energy, and focus.
	IQ BAR Brain + Body (made with lion's mane extract)	IQ BARs are nutrition bars formulated with clean-label ingredients rich in compounds shown to benefit the brain and body.
	Sunfood Superfoods Beets & Mushrooms	Need a boost of energy, focus, and endurance? Simply stir into a glass of water and let these pure ingredients from Mother Nature lift your body and mind.
Omega-3s	Horizon Organic DHA Omega-3 Organic Reduced Fat Milk	Supports brain health.
	House Foods Tofu with 32 mg DHA Omega-3 per serving	Firm tofu with the added benefit of 32 mg of vegan DHA omega-3.
	Brainiac Kids Whole Milk Yogurt Cups	Our BrainPack included in every cup is a blend of nutrients [kids'] developing brains need.
Prebiotics and Probiotics	Uplift Food Gut Happy Cookies	A true functional food that is scientifically supported to give you gut, digestive, and immune health benefits.
	Simply Free Plant Powered Wellness Yogurt	Supports digestive health and digestive function; immune system; healthy brain function and health maintenance; and cardiovascular health and optimal wellness.
L-theanine	Zest Tea Energy Tea	L-theanine = no jitters, no crash.
	neuroSONIC Energy Refreshed Drink	Formulated to increase attention span as well as boost energy.
	Goodnight Chocolate Tart Cherry Nighttime Snack	Helps you relax and prepare the body for sleep.